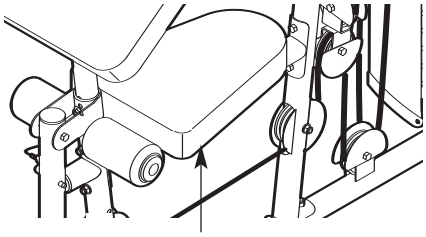
WEIDER® PRO 4500

Model No. WEEVSY3426.0
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

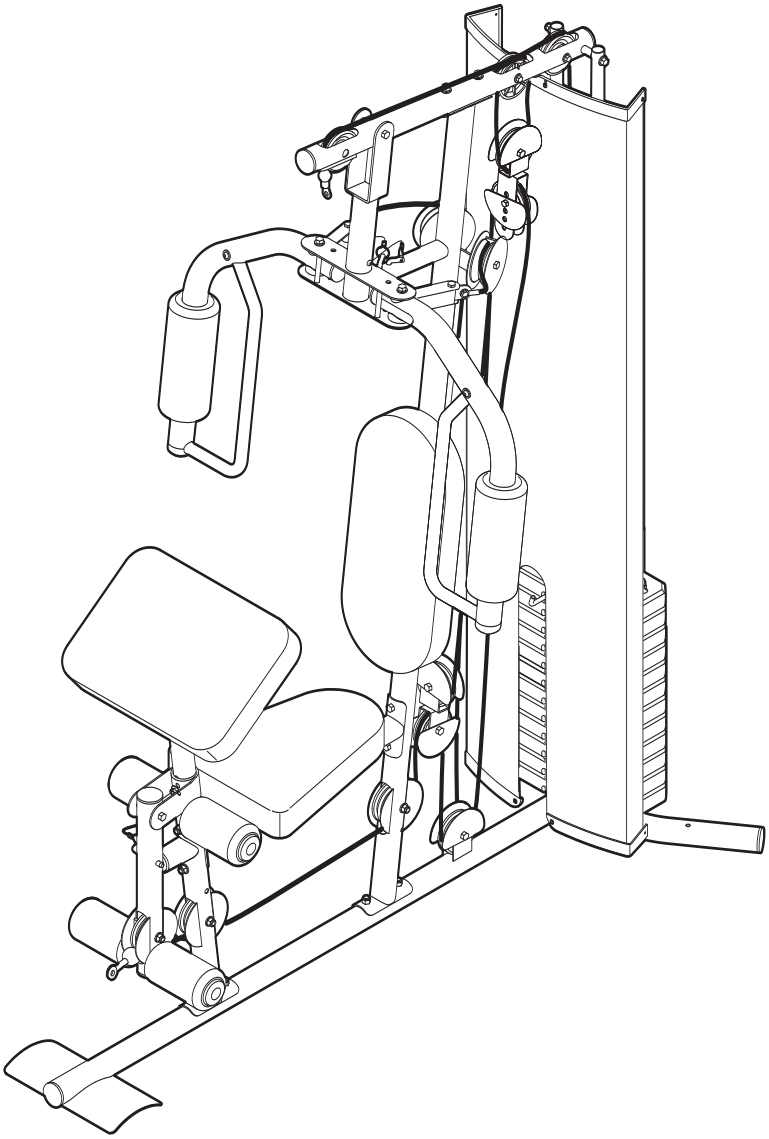
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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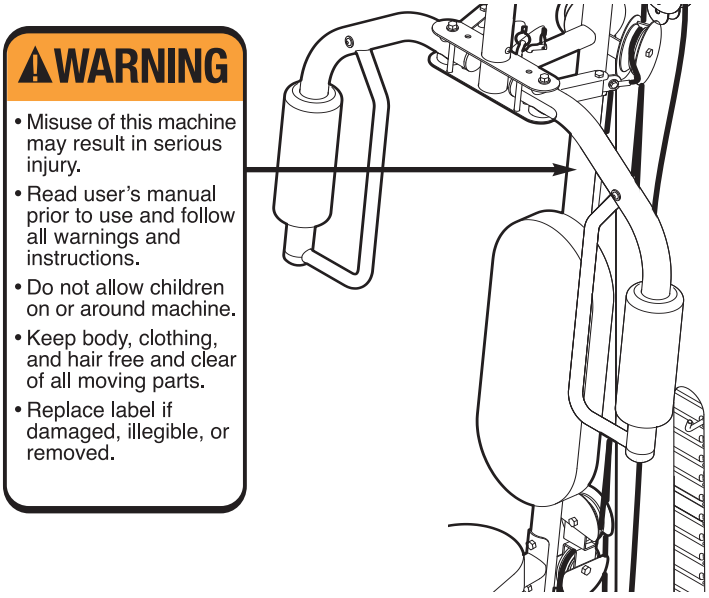
Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and THE PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight system. If the decal is missing, or if it is illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



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IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight system.

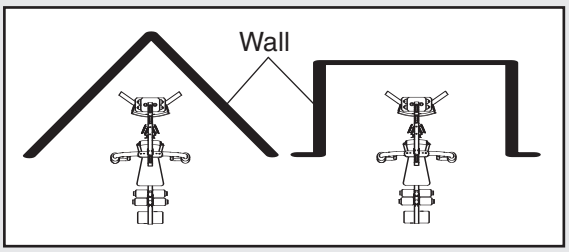
1. **Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.**

2. **It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.**

3. **The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.**

4. **Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use the weight system.**

5. **This weight system has an open weight stack; the weight stack must not be accessible from any point outside the user's field of view. To prevent access to the weight stack, place the weight system in a corner or bay of a room, as shown in the drawing below. There must be no more than 1 meter (3 ft. 4 in.) of clearance between the weight system and the adjacent walls.**



6. **Keep children under 12 and pets away from the weight system at all times.**

7. **Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.**

8. **Always wear athletic shoes for foot protection while exercising.**

9. **Keep hands and feet away from moving parts.**

10. **The weight system is designed to support a maximum user weight of 136 kg (300 lbs.).**

11. **Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see LOCKING THE WEIGHT STACK on page 18).**

12. **Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.**

13. **Always stand on the foot plate when performing an exercise that could cause the weight system to tip.**

14. **Never release the arms, leg lever, lat bar, or ankle strap while weights are raised. The weights will fall with great force.**

15. ***Always disconnect the lat bar from the weight system when performing an exercise that does not require the lat bar.***

16. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

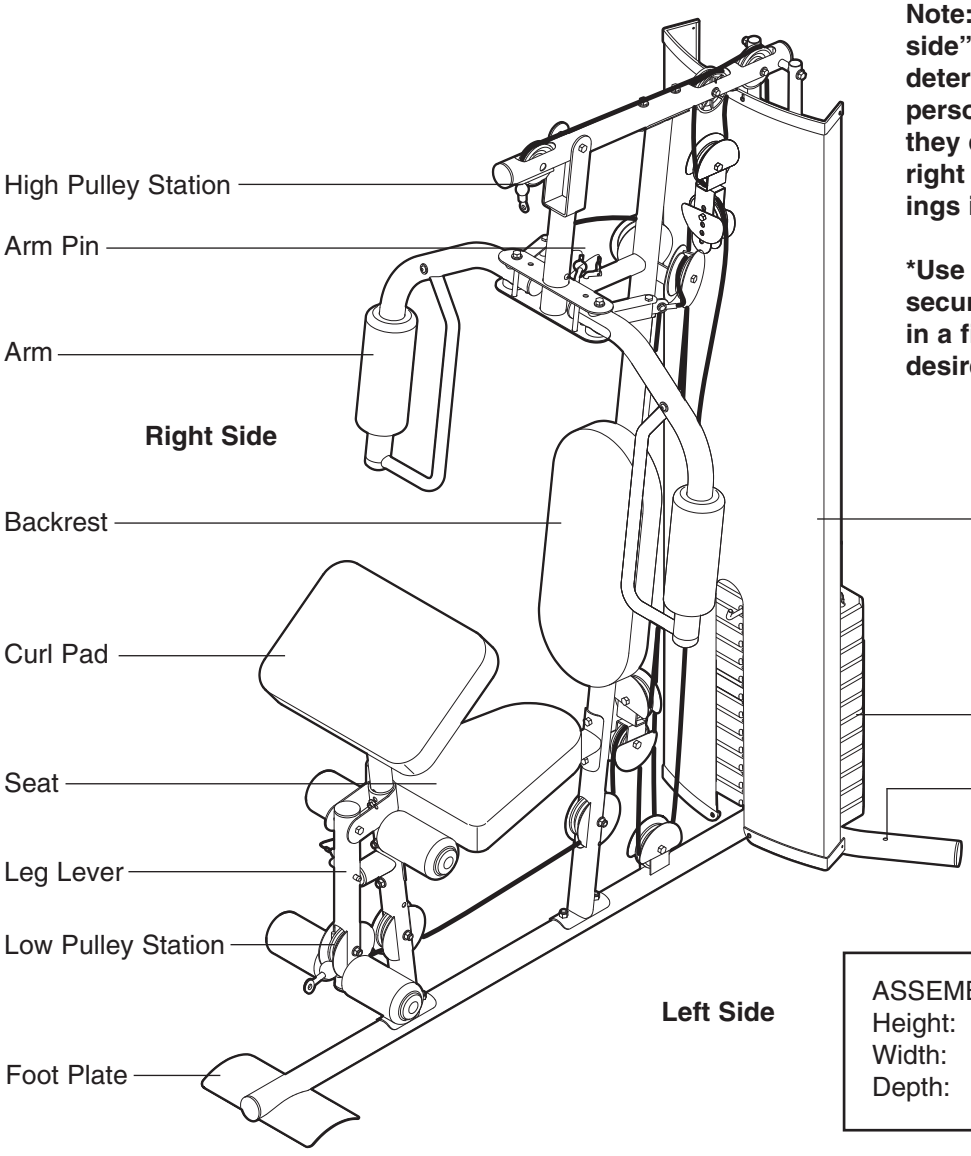
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 4500 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number is WEEVSY3426.0. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



Note: The terms "right side" and "left side" are determined relative to a person sitting on the seat; they do not correspond to right and left on the drawings in this manual.

***Use the anchor holes to secure the weight system in a fixed position, if desired.**

ASSEMBLED DIMENSIONS:
Height: 193 cm (76 in.)
Width: 94 cm (37 in.)
Depth: 122 cm (48 in.)

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.

Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Make sure you have the following tools:

- Two adjustable spanners
- One standard screwdriver
- One phillips screwdriver
- One rubber mallet
- One hex key (included)
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**

How to Orient Parts

As you assemble the weight system, all parts must be oriented exactly as shown in the drawings.

Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

Questions?

If you have questions after reading the assembly instructions, call the telephone number on the front cover of this manual.

The Four Stages of the Assembly Process

Frame Assembly—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

Arm Assembly—During this stage you will assemble the arms and the leg lever.

Cable Assembly—During this stage you will attach the cables and pulleys that connect the arms to the weights.

Seat Assembly—During the final stage you will assemble the seat and the backrest.

Frame Assembly

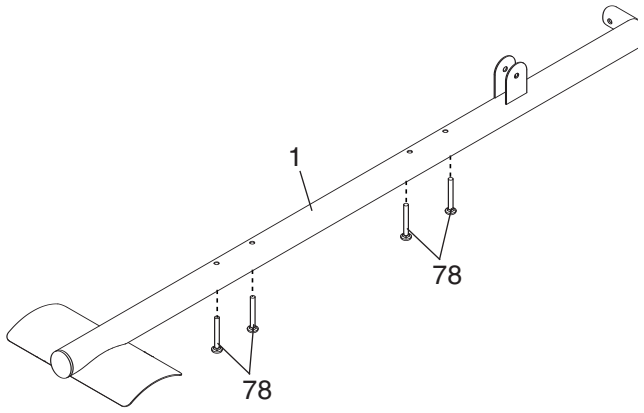
1. **Before beginning assembly, make sure you understand the information in the box on page 5. Refer to the PART IDENTIFICATION CHART in the center of this manual for help identifying small parts.**

   Insert four M8 x 74mm Carriage Bolts (78) up through the Base (1). **Note: It may be helpful to place a piece of tape over the bolt heads to hold them in place.**

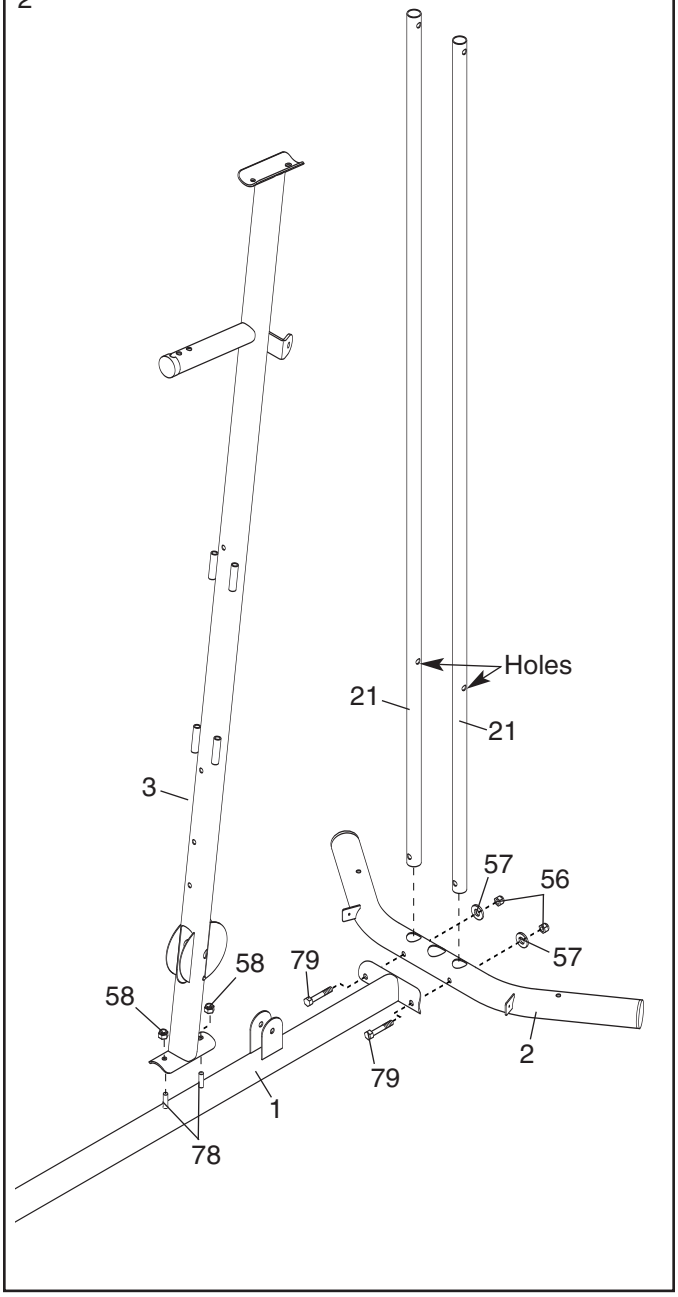
2. Orient the two Weight Guides (21) so that the indicated holes are closer to the lower ends. Attach the two Weight Guides and the Base (1) to the Stabilizer (2) with two M10 x 80mm Button Bolts (79), two M10 Washers (57), and two M10 Nylon Locknuts (56). **Tighten the Nylon Locknuts.**

   Attach the Upright (3) to the Base (1) with the two indicated M8 x 74mm Carriage Bolts (78) and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

1

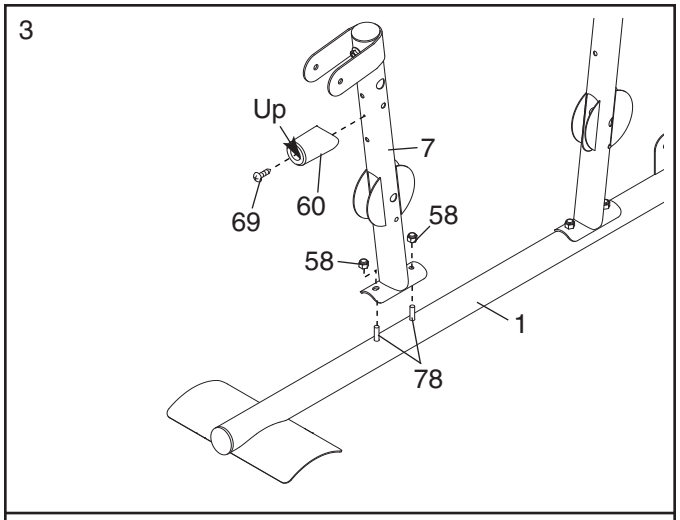


2



3. Attach the Front Leg (7) to the Base (1) with the two indicated M8 x 74mm Carriage Bolts (78) and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

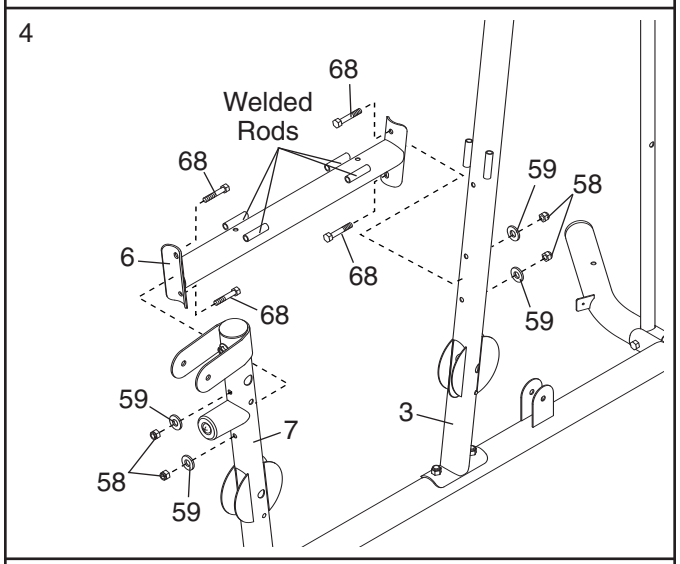
   Attach the Leg Bumper (60) to the Front Leg (7) with an M4 x 19mm Screw (69). **Make sure the end of the Leg Bumper is pointing upward.**



4. Hold the Seat Frame (6) between the Upright (3) and the Front Leg (7). Orient the Seat Frame so that the welded rods are closer to the Upright.

   Attach the Seat Frame (6) to the Upright (3) with two M8 x 77mm Button Bolts (68), two M8 Washers (59), and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

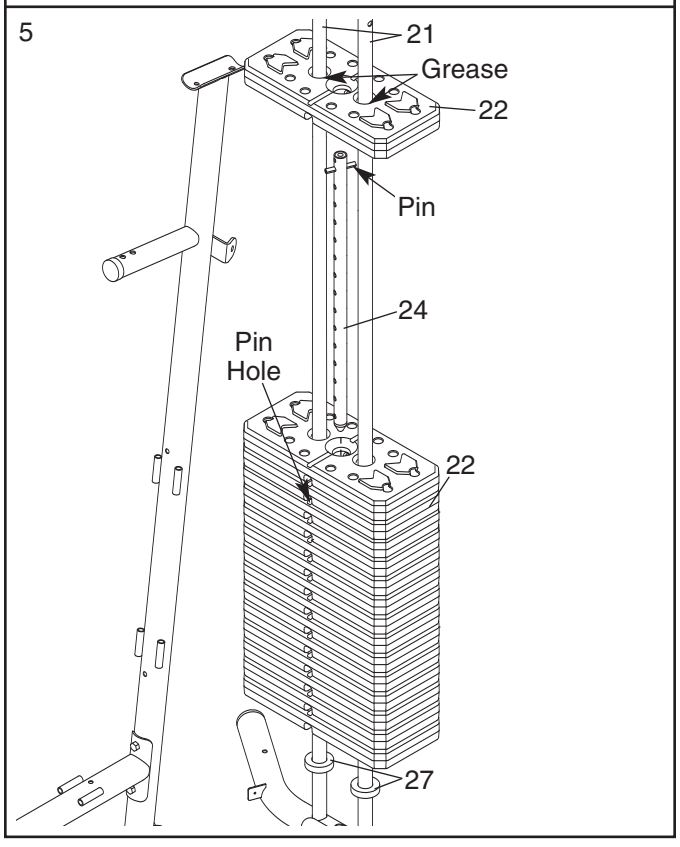
   Attach the Seat Frame (6) to the Front Leg (7) in the same manner.



5. Slide the two Weight Bumpers (27) onto the Weight Guides (21). Orient fourteen Weights (22) so the pin holes are on the bottom, and slide the Weights onto the Weight Guides.

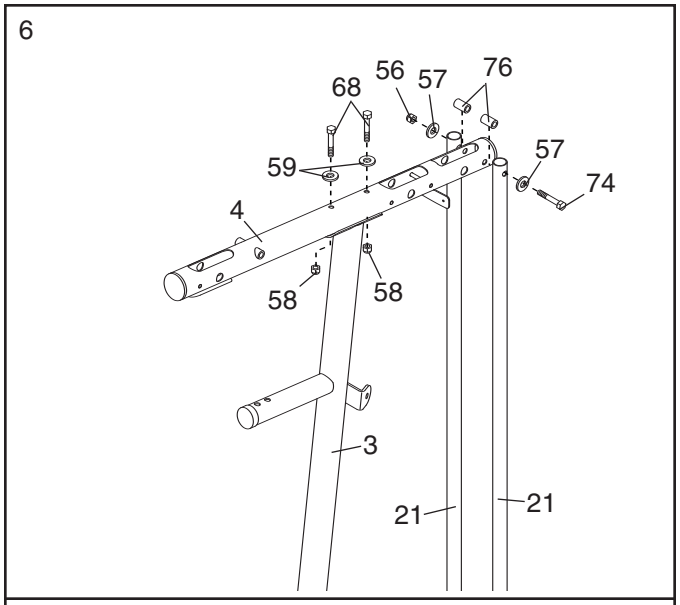
   Insert the Weight Tube (24) into the fourteen Weights (22). **Make sure the pin on the Weight Tube is oriented as shown.**

   Using the included grease packet, lubricate the indicated holes in a Weight (22). Slide the Weight onto the Weight Guides (21).



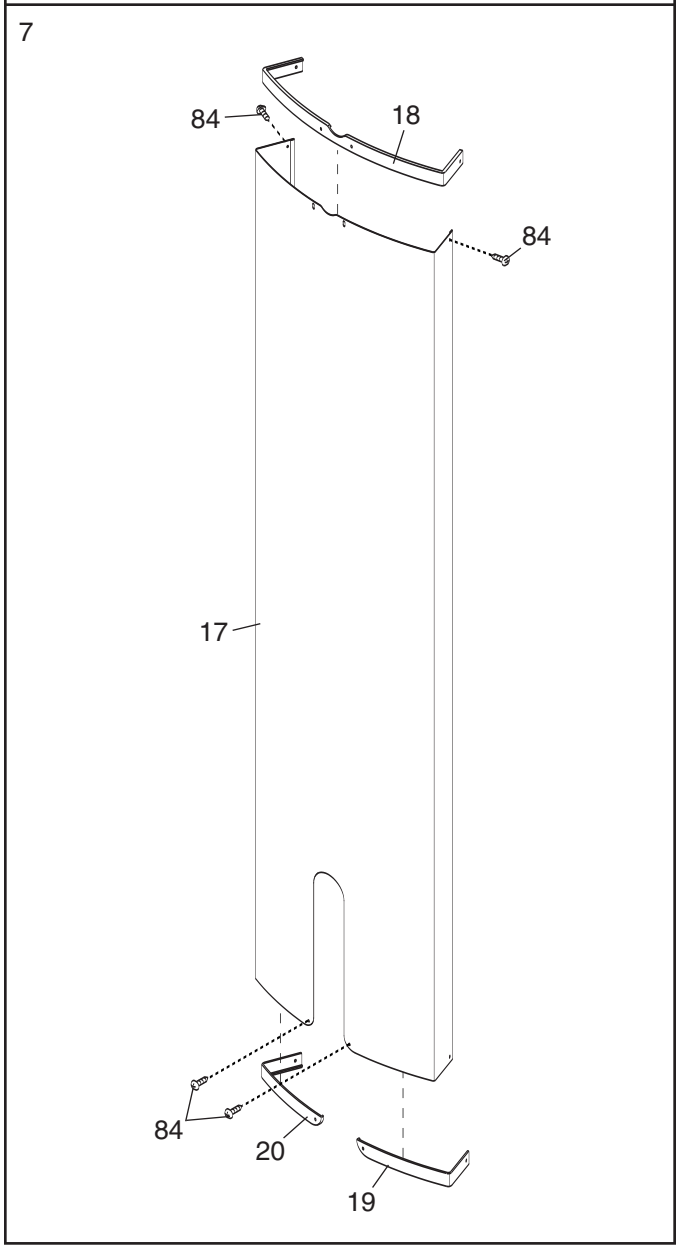
6. Attach the Top Frame (4) to the Upright (3) with two M8 x 77mm Button Bolts (68), two M8 Washers (59), and two M8 Nylon Locknuts (58). **Do not tighten the Nylon Locknuts yet.**

   Attach the Top Frame (4) between the Weight Guides (21) with an M10 x 155mm Button Bolt (74), two M10 Washers (57), two 13mm Spacers (76), and an M10 Nylon Locknut (56). **Do not tighten the Nylon Locknuts yet.**



7. Attach the Left Cap (19) and the Right Cap (20) to the bottom of the Shroud (17) with two M4 x 10mm Screws (84).

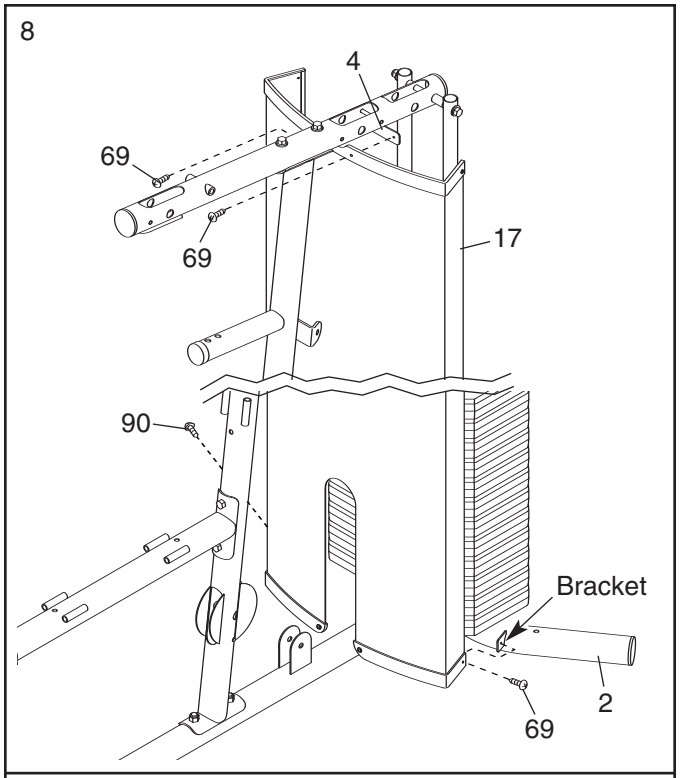
   Attach the Top Cap (18) to the top of the Shroud (17) with two M4 x 10mm Screws (84).



8. Attach the Shroud (17) to the Top Frame (4) with two M4 x 19mm Screws (90).

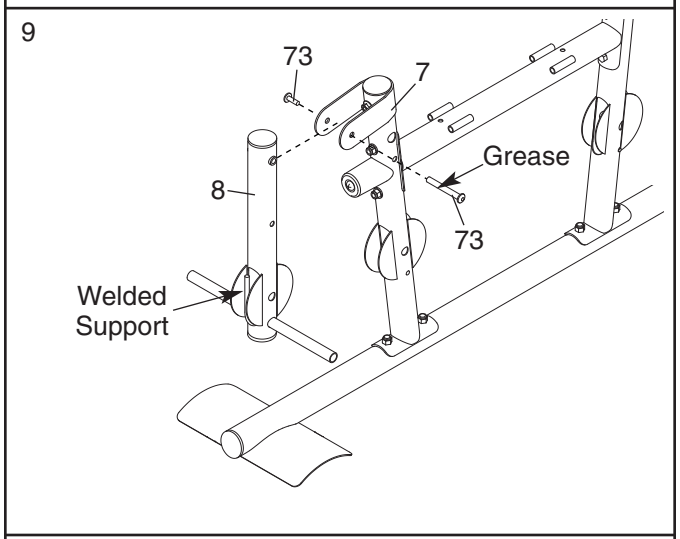
   Attach the Shroud (17) to the brackets on the Stabilizer (2) with two M4 x 19mm Screws (69). **Make sure the brackets are inside the Shroud.**

   Tighten the Nylon Locknuts (56, 58) used in steps 2–6.



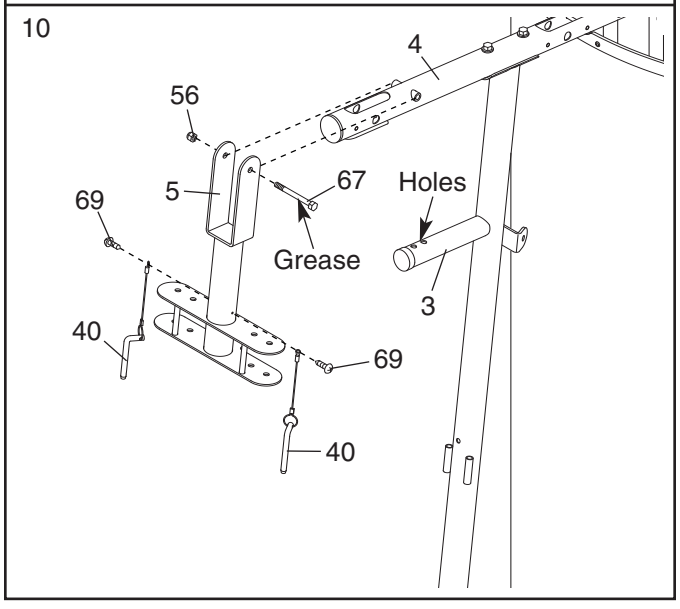
Arm Assembly

9. Grease the M10 x 70mm Bolt Set (73). Orient the Leg Lever (8) so that the welded support is on the side shown. Attach the Leg Lever to the Front Leg (7) with the Bolt Set. **Do not overtighten the Bolt Set; the Leg Lever must pivot freely.**



10. Grease an M10 x 90mm Button Bolt (67). Attach the Pivot Frame (5) to the Top Frame (4) with the Button Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Pivot Frame must pivot freely.**

    Attach the two Arm Pins (40) to the Pivot Frame (5) with two M4 x 19mm Screws (69). Insert the Arm Pins into the two holes in the Upright (3).



11. Grease an M10 x 52mm Button Bolt (66). Attach a Cable Pivot (39) to the Right Arm (9) with the Button Bolt and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Cable Pivot must pivot freely.**

    Wet the inside of a Large Foam Pad (42) with soapy water. Slide the Large Foam Pad onto the Right Arm (9).

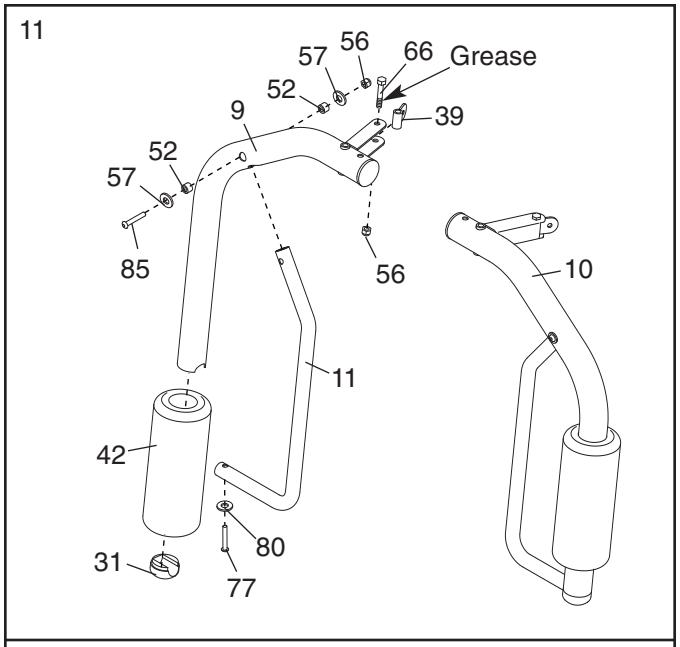
    Attach the upper end of a Handle (11) to the Right Arm (9) with an M10 x 72mm Button Bolt (85), two M10 Washers (57), two 16mm Spacers (52), and an M10 Nylon Locknut (56). **Do not tighten the Button Bolt yet.**

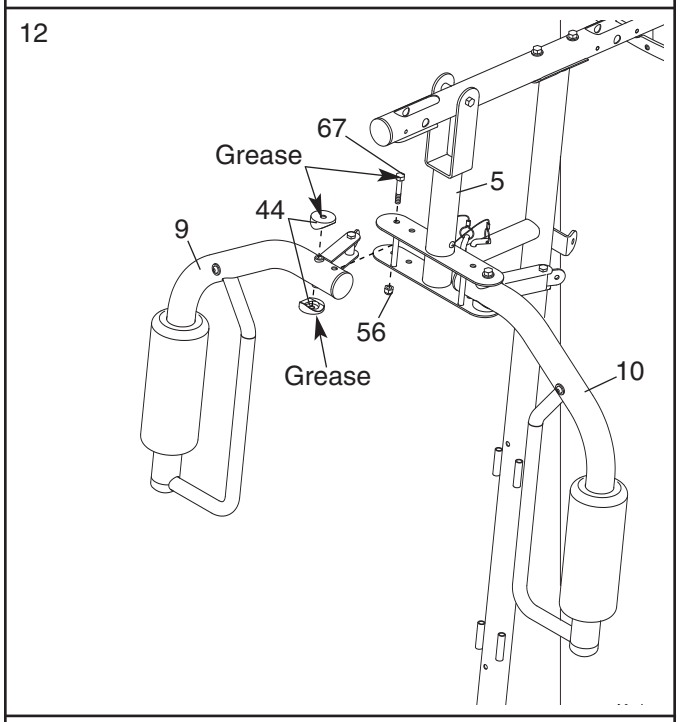
    Press a Handle Cap (31) into the Right Arm (9). Attach the lower end of the Handle (11) to the Right Arm with an M10 x 40mm Button Bolt (77) and an M10 Large Washer (80). **Tighten the M10 x 72mm Button Bolt (85).**

    Assemble the Left Arm (10) in the same manner.

12. Grease an M10 x 90mm Button Bolt (67) and two Arm Bushings (44). Attach the Right Arm (9) to the Pivot Frame (5) with the Button Bolt, the two Arm Bushings, and an M10 Nylon Locknut (56). **Do not overtighten the Nylon Locknut; the Right Arm must pivot freely.**

    Attach the Left Arm (10) to the Pivot Frame (5) in the same manner.

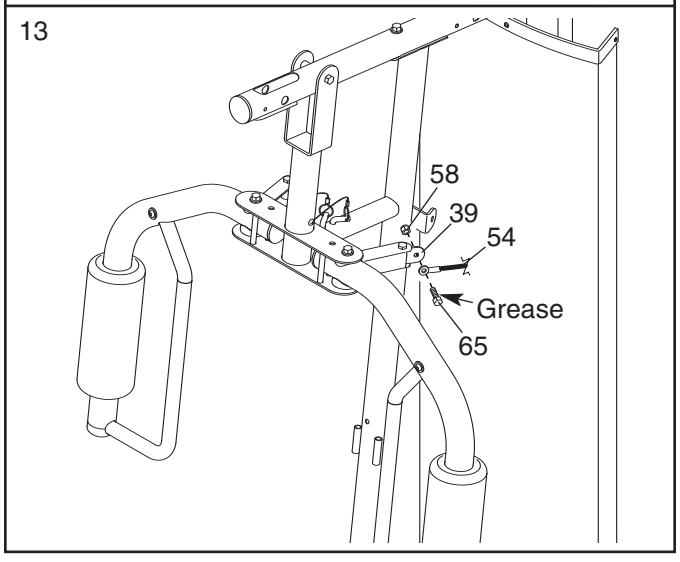




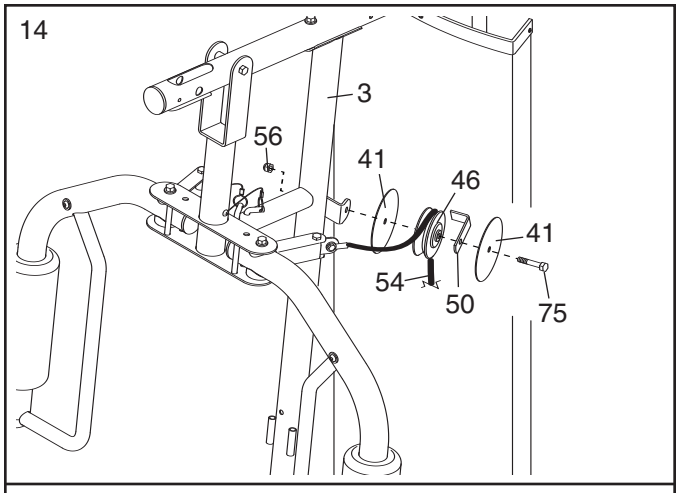
Cable Assembly

13. **Refer to the CABLE DIAGRAMS on page 20 as you identify and assemble the cables.**

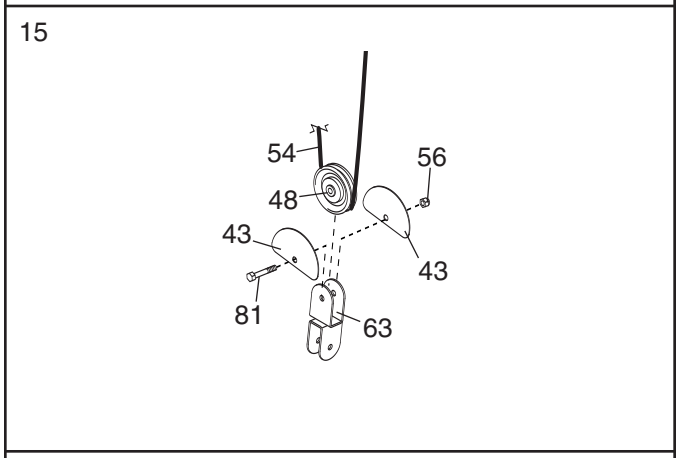
    Identify the Arm Cable (54). Grease an M8 x 19mm Shoulder Bolt (65). Attach the Cable to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Nylon Locknut (58). **Make sure that the Cable can pivot freely around the Shoulder Bolt.**



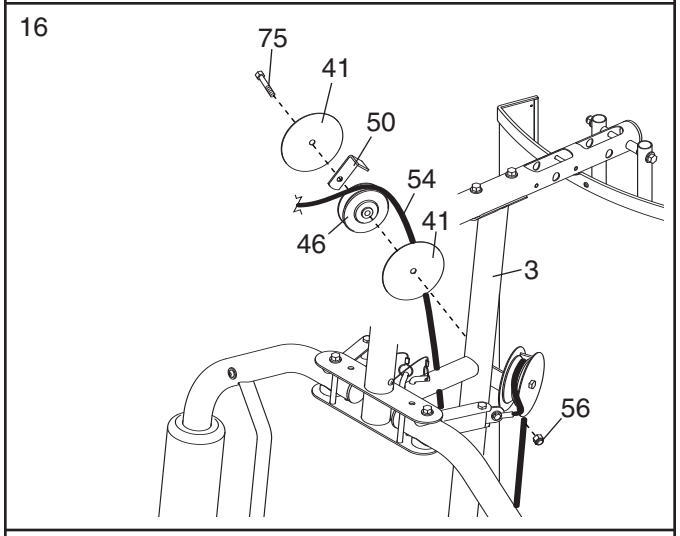
14. Route the Arm Cable (54) over a “V”-pulley (46). Attach the “V”-pulley, a Large Cable Trap (50), and two Guards (41) to the Upright (3) with an M10 x 62mm Button Bolt (75) and an M10 Nylon Locknut (56). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



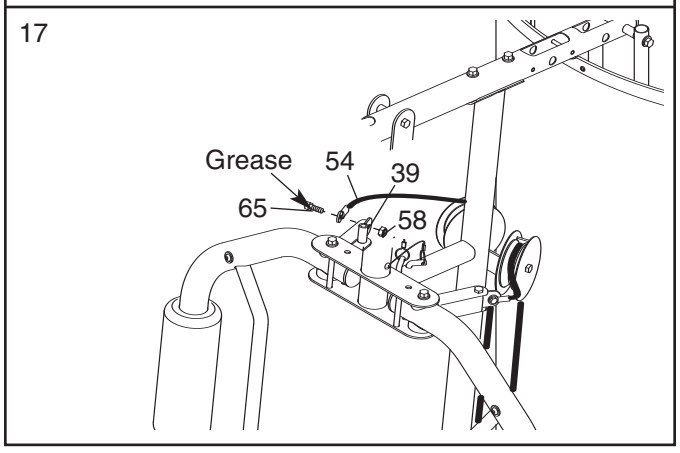
15. Route the Arm Cable (54) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double “U”-bracket (63) with an M10 x 45mm Button Bolt (81) and an M10 Nylon Locknut (56). **Make sure the Half Guards are on the outside of the Double “U”-bracket as shown.**



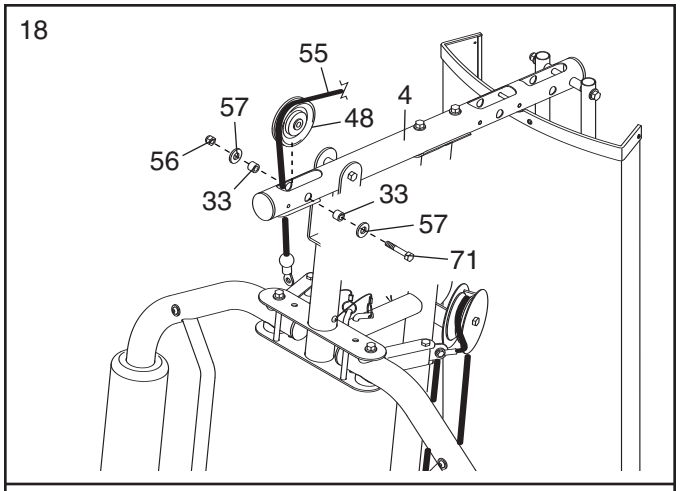
16. Route the Arm Cable (54) over a “V”-pulley (46). Attach the “V”-pulley, a Large Cable Trap (50), and two Guards (41) to the Upright (3) with an M10 x 62mm Button Bolt (75) and an M10 Nylon Locknut (56). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the “V”-pulley.**



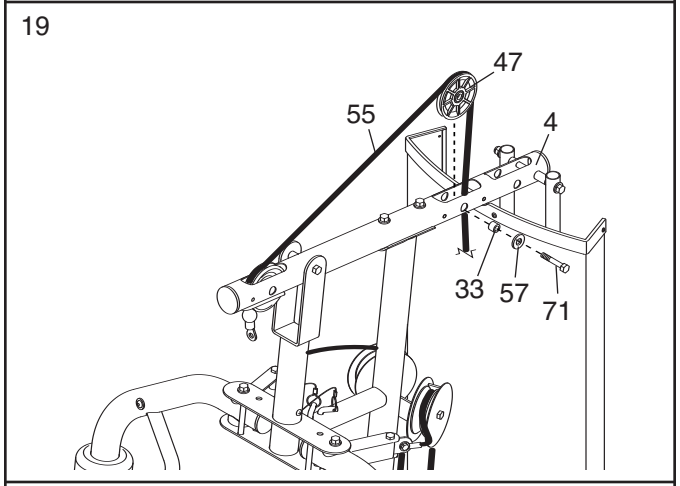
17. Grease an M8 x 19mm Shoulder Bolt (65). Attach the Arm Cable (54) to the indicated Cable Pivot (39) with the Shoulder Bolt and an M8 Nylon Locknut (58). **Make sure that the Cable can pivot freely around the Shoulder Bolt.**



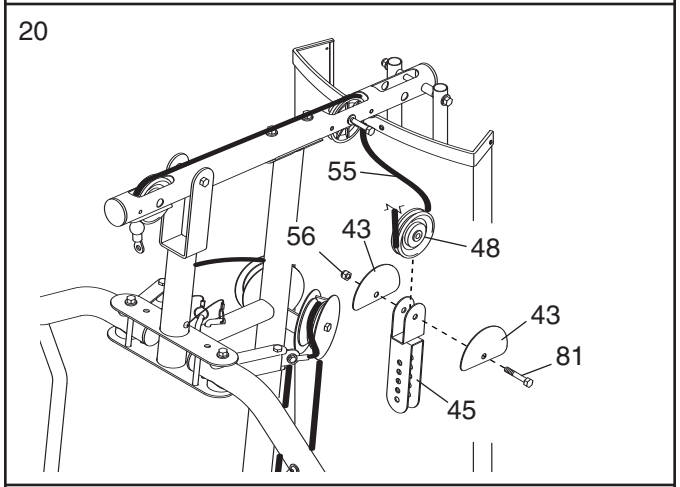
18. **Identify the High Cable (55).** Route the Cable up through the Top Frame (4) and over a 90mm Pulley (48). Attach the Pulley inside of the Top Frame with an M10 x 78mm Button Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Nylon Locknut (56).



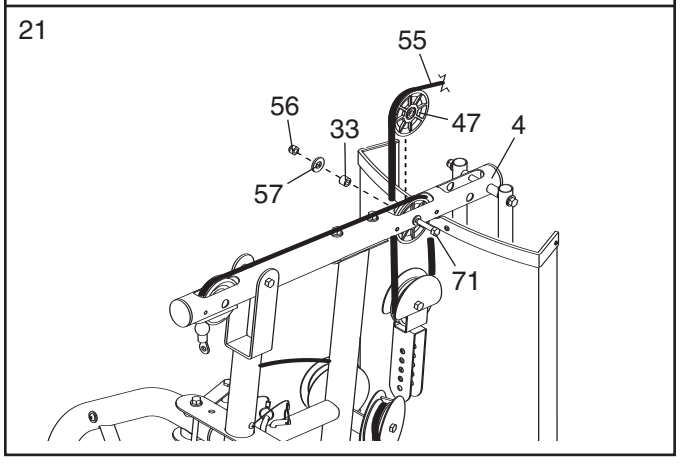
19. Route the High Cable (55) over a 90mm Thin Pulley (47) and down through the Top Frame (4). Attach the Thin Pulley inside of the Top Frame with an M10 x 78mm Button Bolt (71), an M10 Washer (57), and a 19mm Spacer (33). **Make sure that the Thin Pulley does not fall out of the Top Frame while you complete steps 19 and 20.**



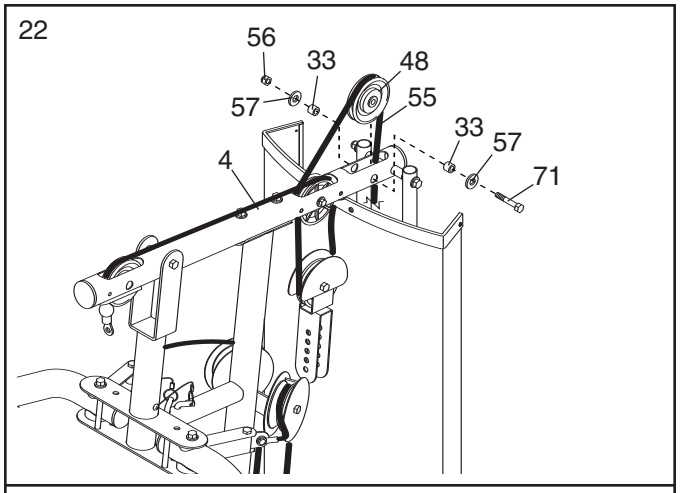
20. Wrap the High Cable (55) under a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) at the upper hole in the Adjustable "U"-bracket (45) with an M10 x 45mm Button Bolt (81) and an M10 Nylon Locknut (56). **Make sure that the Half Guards are on the outside of the Adjustable "U"-bracket.**



21. Route the High Cable (55) up through the Top Frame (4) and over a 90mm Thin Pulley (47). Attach the Thin Pulley inside of the Top Frame with the M10 x 78mm Button Bolt (71) used in step 19, a 19mm Spacer (33), an M10 Washer (57), and an M10 Nylon Locknut (56).

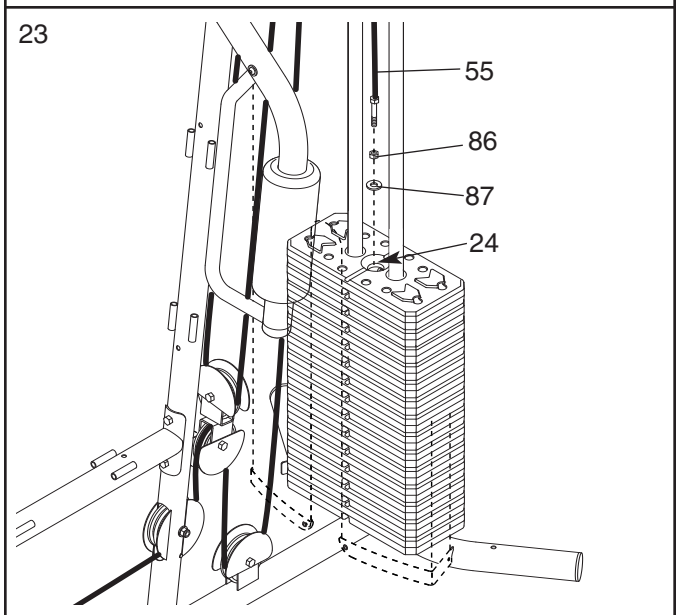


22. Route the High Cable (55) over a 90mm Pulley (48) and down through the Top Frame (4). Attach the Pulley inside the Top Frame with an M10 x 78mm Button Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Nylon Locknut (56).



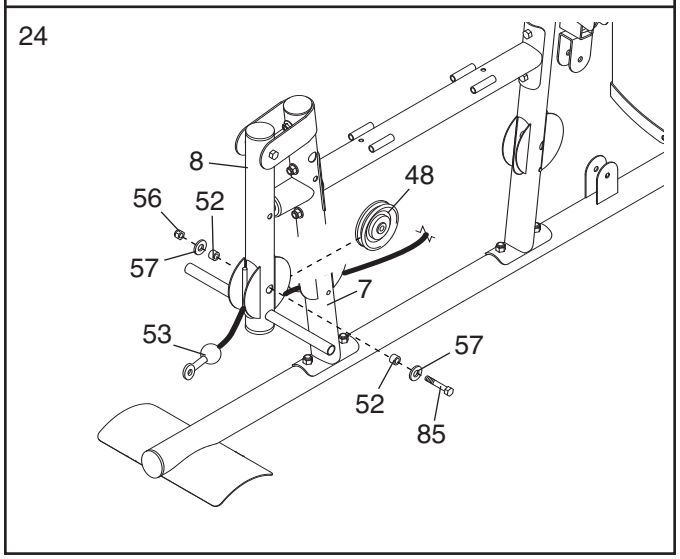
23. Thread an M12 Nut (86) all the way onto the High Cable (55). Place a Large Washer (87) on top of the Weight Tube (24).

    Tighten the High Cable (55) into the Weight Tube (24) until all the slack is removed from the cables. Tighten the M12 Nut (86) against the Large Washer (87).

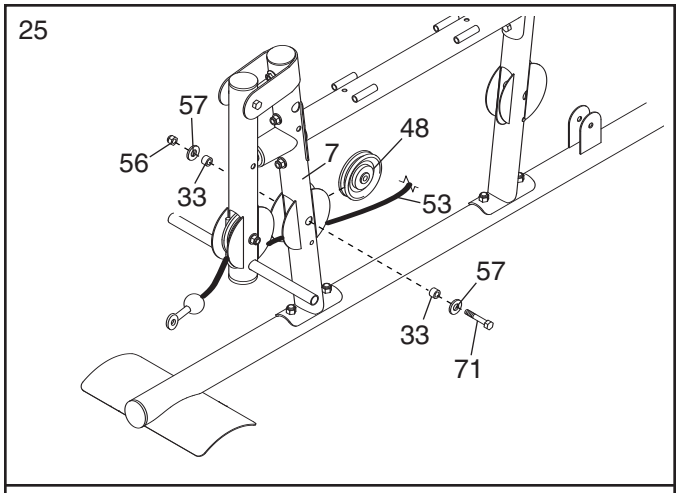


24. **Identify the Low Cable (53).** Route the Cable through the Leg Lever (8) and the Front Leg (7).

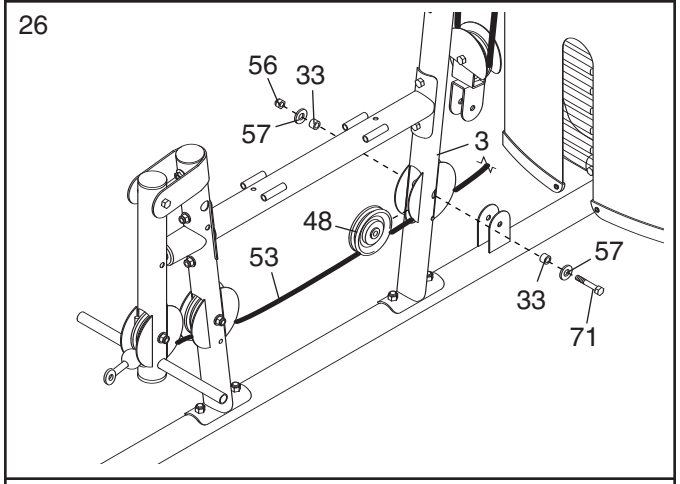
    Attach a 90mm Pulley (48) inside the Leg Lever (8), over the Low Cable (53), with an M10 x 72mm Button Bolt (85), two M10 Washers (57), two 16mm Spacers (52), and an M10 Nylon Locknut (56).



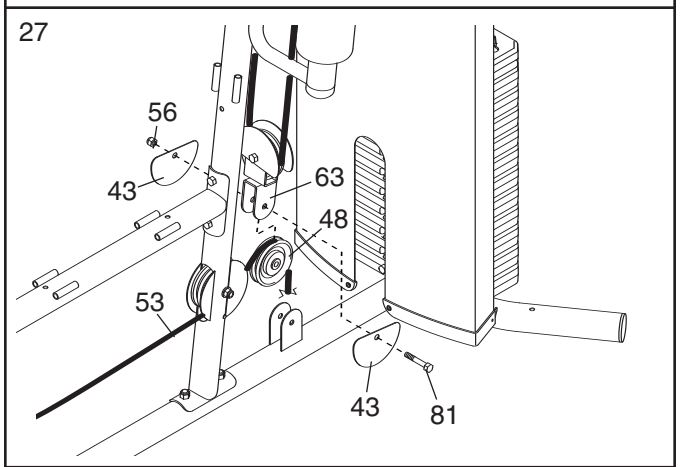
25. Attach a 90mm Pulley (48) inside the Front Leg (7), over the Low Cable (53), with an M10 x 78mm Button Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Nylon Locknut (56).



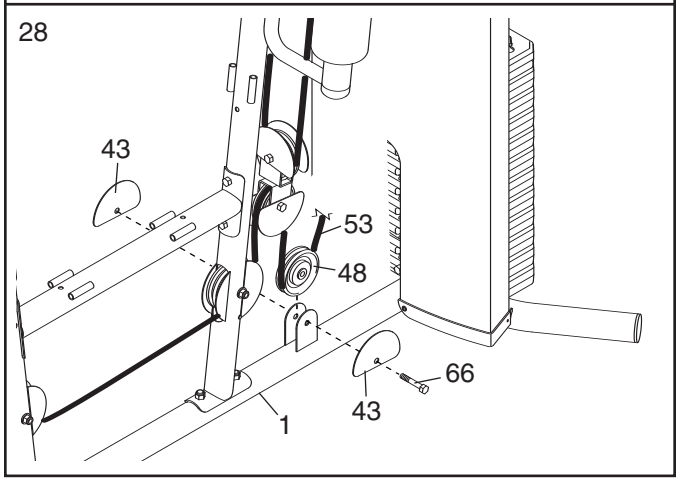
26. Attach a 90mm Pulley (48) inside the Upright (3), over the Low Cable (53), with an M10 x 78mm Button Bolt (71), two M10 Washers (57), two 19mm Spacers (33), and an M10 Nylon Locknut (56).



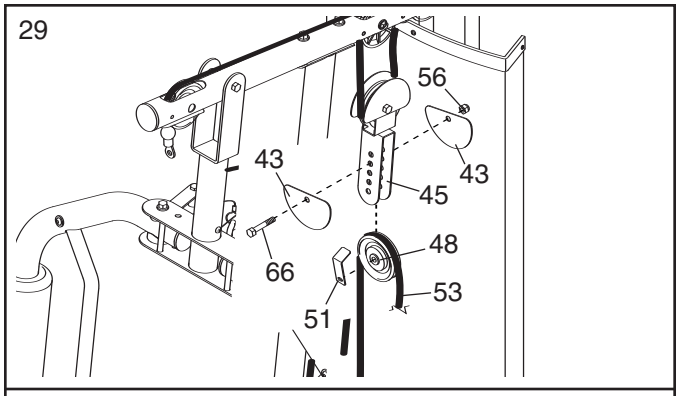
27. Route the Low Cable (53) over a 90mm Pulley (48). Attach the Pulley and two Half Guards (43) to the Double "U"-bracket (63) with an M10 x 45mm Button Bolt (81) and an M10 Nylon Locknut (56). **Make sure the Half Guards are on the outside of the Double "U"-bracket as shown.**



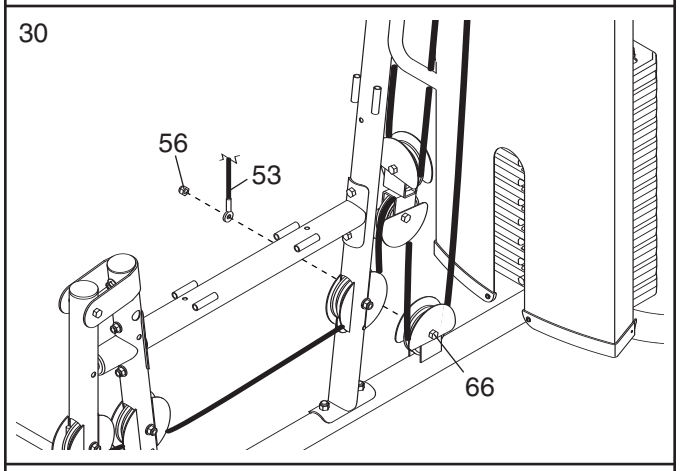
28. Route the Low Cable (53) under a 90mm Pulley (48). Insert an M10 x 52mm Button Bolt (66) through two Half Guards (43), the Base (1), and the Pulley. **Make sure the Half Guards are on the outside of the bracket as shown.**



29. Route the Low Cable (53) over a 90mm Pulley (48). Attach the Pulley, a Cable Trap (51), and two Half Guards (43) to the Adjustable "U"-bracket (45) with an M10 x 52mm Button Bolt (66) and an M10 Nylon Locknut (56).

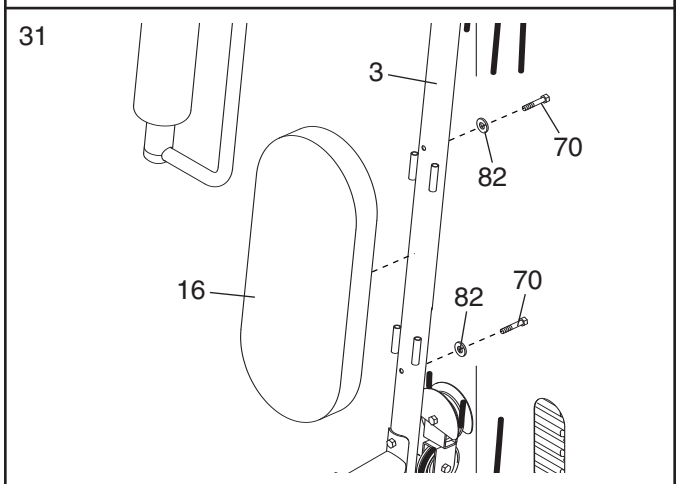


30. Attach the Low Cable (53) to the M10 x 52mm Button Bolt (66) used in step 28 with an M10 Nylon Locknut (56).

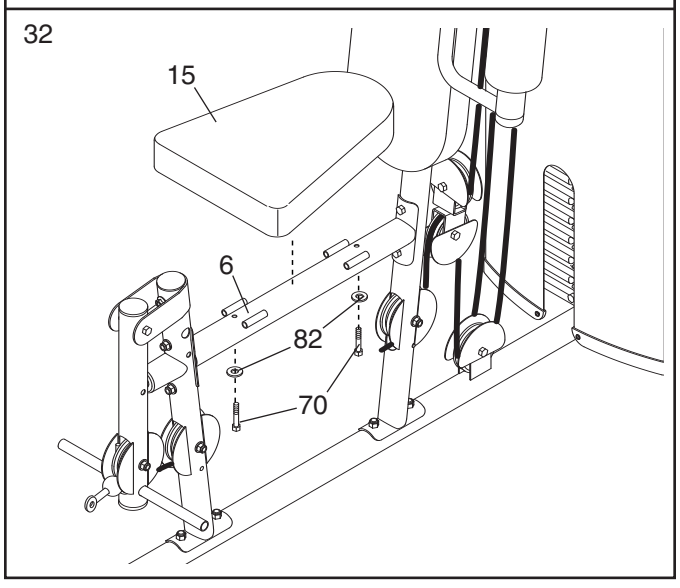


Seat Assembly

31. Attach the Backrest (16) to the Upright (3) with two M6 x 80mm Button Screws (70) and two M6 Washers (82).

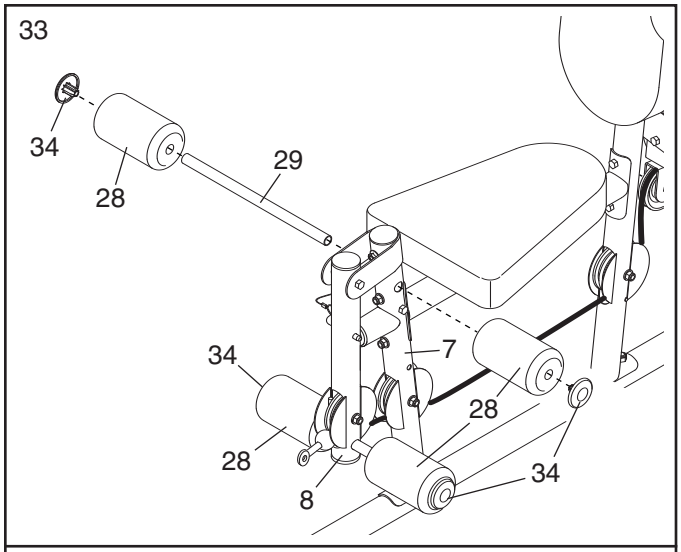


32. Attach the Seat (15) to the Seat Frame (6) with two M6 x 80mm Button Screws (70) and two M6 Washers (82).

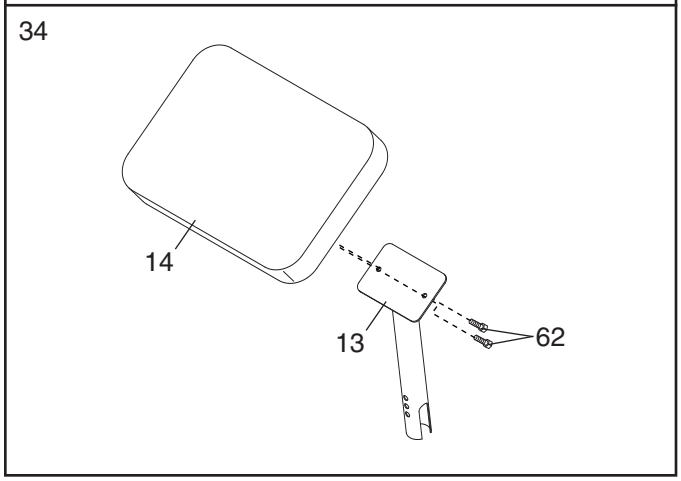


33. Insert the Pad Tube (29) into the Front Leg (7). Slide two Small Foam Pads (28) onto the Pad Tube. Then, press two Pad Caps (34) onto the Pad Tube.

    Slide two Small Foam Pads (28) onto the Leg Lever. Press two Pad Caps (34) onto the Leg Lever.



34. Orient the Curl Pad (14) so that the holes in the back are closer to the lower edge. Attach the Curl Pad to the Curl Post (13) with two M6 x 17mm Button Screws (62).



35. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

    Before using the weight system, pull each cable a few times to make sure that the cables move smoothly around the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on page 20 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 21.**

ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 22 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

CHANGING THE WEIGHT SETTING

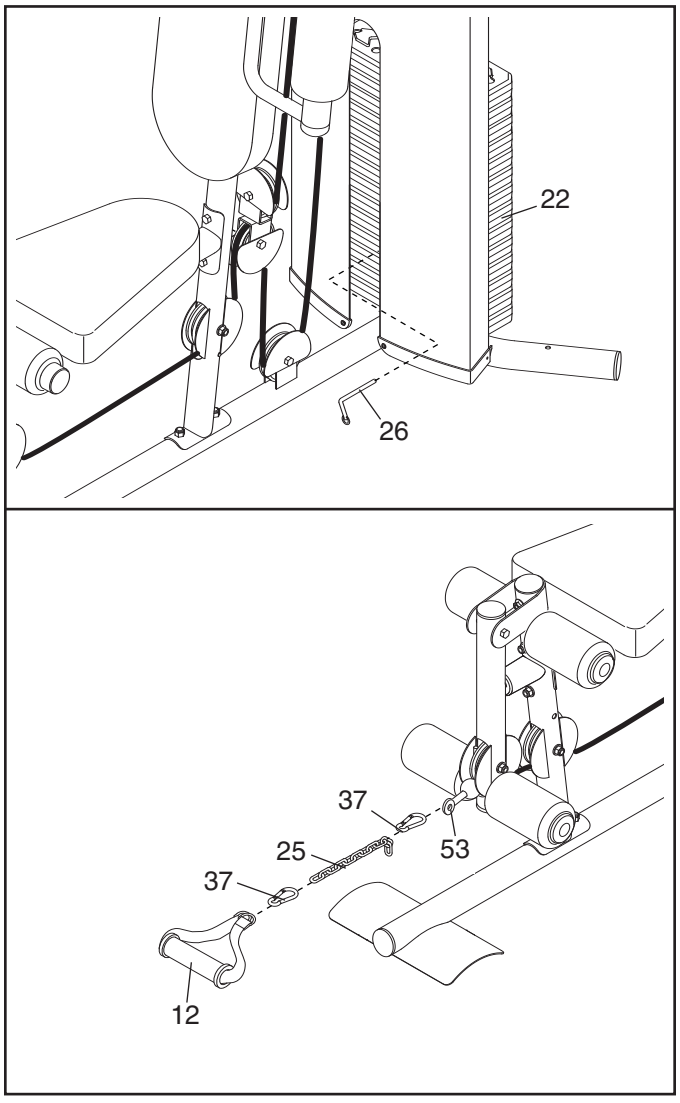
To change the setting of the weight stack, insert the Weight Pin (26) under the desired Weight (22). Insert the Weight Pin so that the bent end touches the Weight, and then turn the bent end downward. **Note: Do not use the top weight by itself.**

Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 19 to find the approximate amount of resistance at each weight station.

ATTACHING THE ACCESSORIES TO A PULLEY STATION

Attach the Ankle Strap (12) to the Low Cable (53) at the low pulley station with a Cable Clip (37). For some exercises, the Chain (25) should be attached between the Ankle Strap and the Cable with two Cable Clips. **Adjust the length of the Chain between the Ankle Strap and the Cable so that the Ankle Strap is in the correct starting position for the exercise to be performed.**

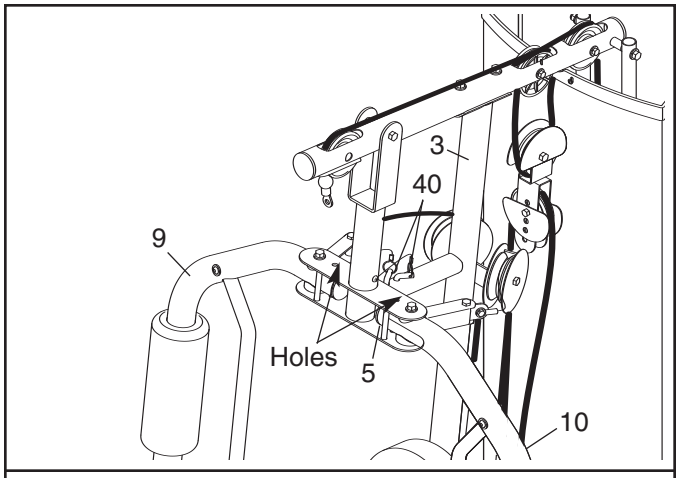
The Lat Bar (not shown) or the Curl Bar (not shown) can be attached at either pulley station in the same manner.



ARM CONVERSION

To use the Arms (9, 10) as butterfly arms, insert the Arm Pins (40) into the holes in the Upright (3) and the Pivot Frame (5) as shown.

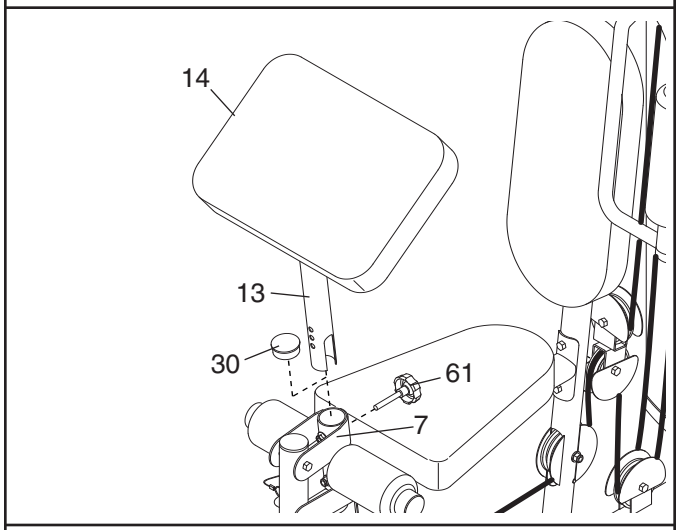
To use the Arms (9, 10) as press arms, insert the Arm Pins (40) into the holes in the Pivot Frame (5) and the Arms.



USING THE CURL PAD

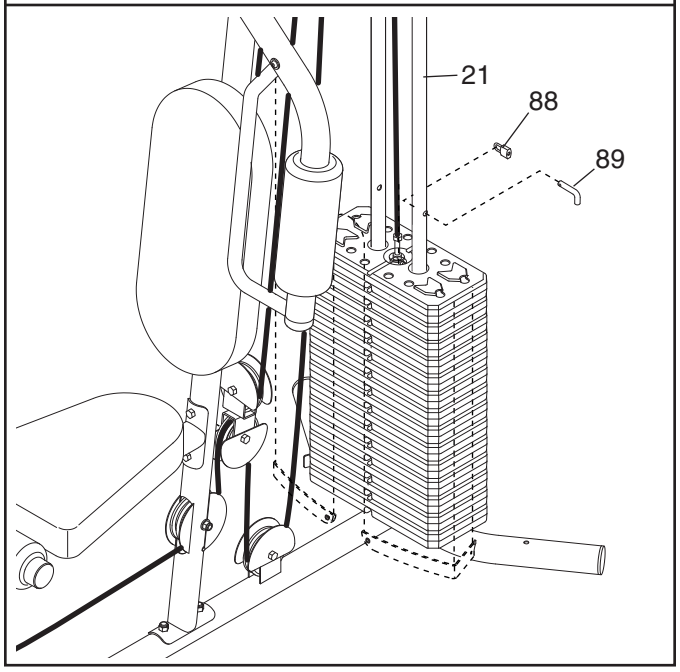
To use the Curl Pad (14), remove the 64mm Round Inner Cap (30) from the Front Leg (7). Insert the Curl Post (13) into the Front Leg and secure it in place with the Curl Knob (61).

When performing an exercise that does not require the Curl Pad (14), remove the Curl Pad and insert the 64mm Round Inner Cap (30) into the Front Leg (7). Store the Curl Pad away from the weight system.



LOCKING THE WEIGHT STACK

Lock the weight stack by inserting the Lock Pin (89) through a Weight Guide (21) and securing the Lock (88) onto the Lock Pin.



WEIGHT RESISTANCE CHART

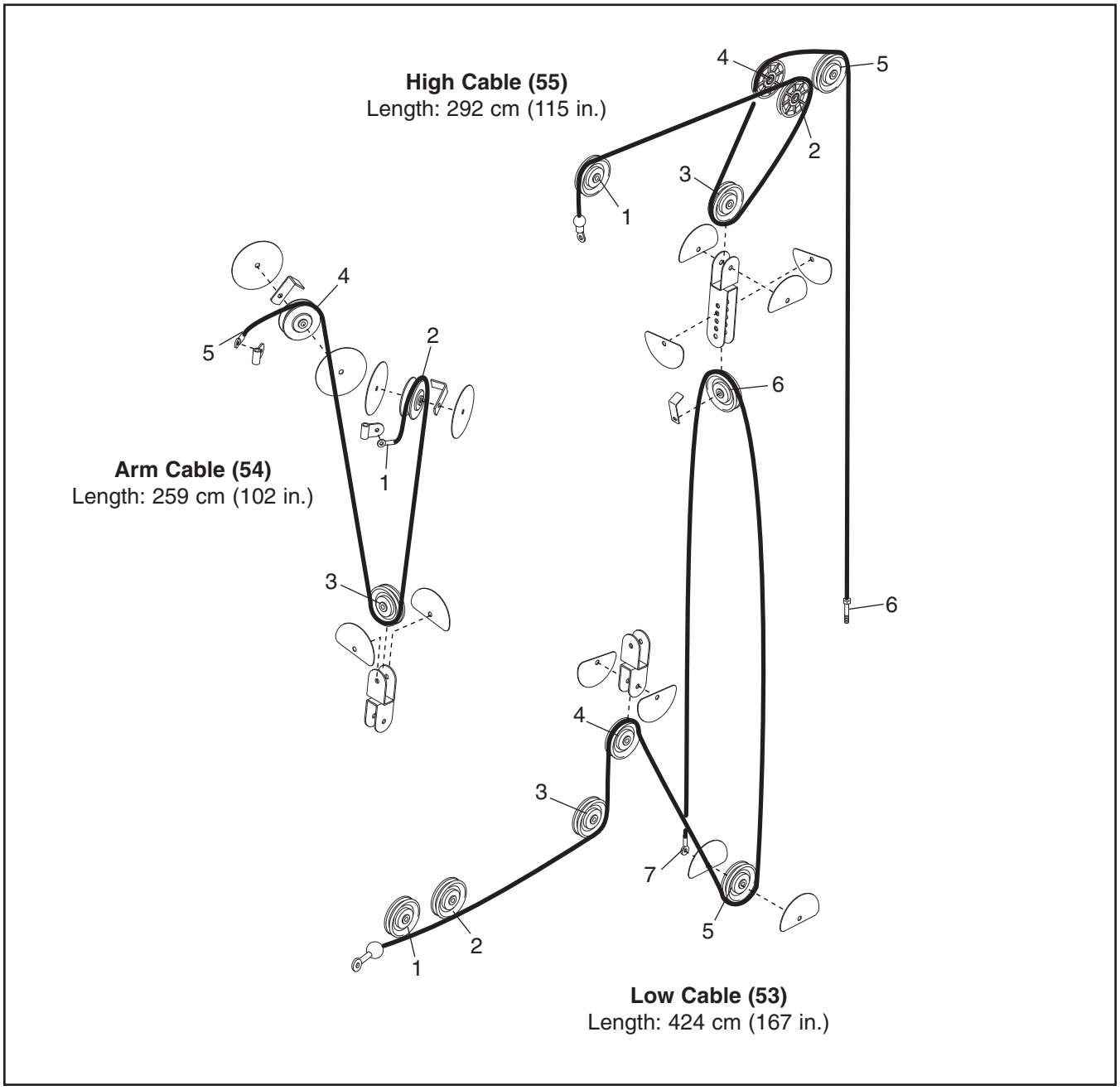
The chart below shows the approximate weight resistance at each exercise station. Weight resistance shown for the butterfly arm station is for each arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	HIGH PULLEY (lbs.)	BUTTERFLY ARM (lbs.)	PRESS ARM (lbs.)	LOW PULLEY (lbs.)	LEG LEVER (lbs.)
1	25	16	30	42	40
2	40	20	40	51	51
3	52	27	51	66	70
4	66	33	62	80	84
5	82	39	78	98	102
6	91	45	90	112	115
7	106	52	101	128	136
8	120	58	110	140	156
9	138	65	126	159	167
10	151	70	142	174	183
11	164	75	152	189	195
12	184	81	160	196	210
13	197	88	165	211	233
14	212	93	175	225	242
15	222	98	186	240	250

Note: 1 lb. equals .454 kg.

CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Low Cable (53), the Arm Cable (54), and the High Cable (55). Use the diagrams to make sure that the cables, cable traps, and finger guards have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



MAINTENANCE

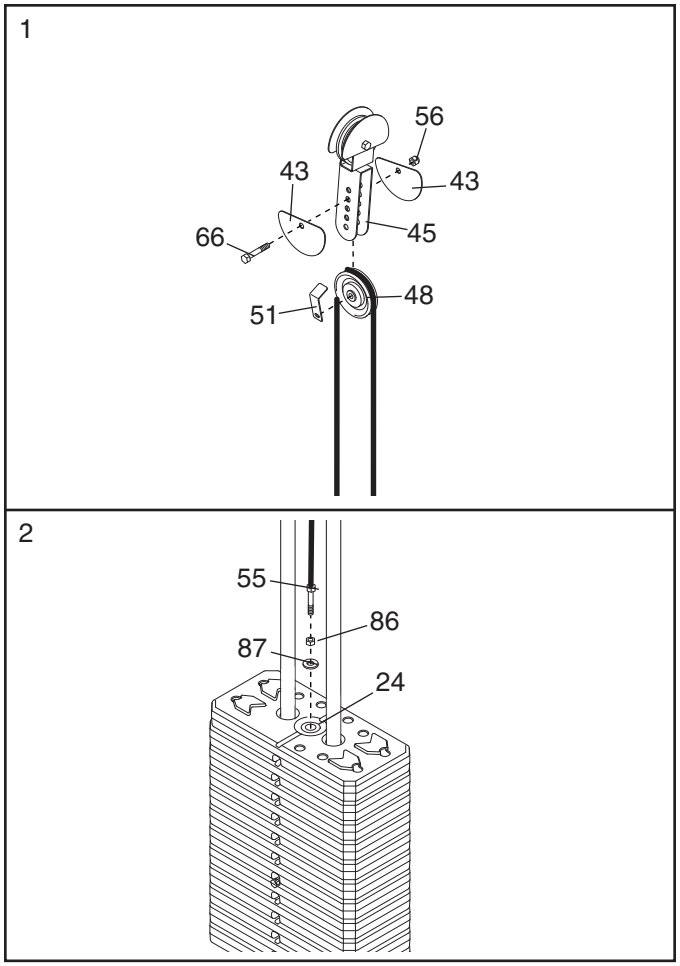
Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

See drawing 1. Remove the M10 Nylon Locknut (56) and the M10 x 52mm Button Bolt (66) from the Adjustable "U"-bracket (45), the Cable Trap (51), the 90mm Pulley (48), and the two Half Guards (43). Reattach the Pulley, Cable Trap, and Half Guards to the next closest hole to the center of the Adjustable "U"-bracket. **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley, that the Half Guards are oriented as shown, and that the Cable and Pulley move smoothly.**

See drawing 2. Loosen the M12 Nut (86) on the High Cable (55). Tighten the Cable into the Weight Tube (24) until the slack is removed from the Cable. Then, retighten the M12 Nut against the Large Washer (87).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods follow:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

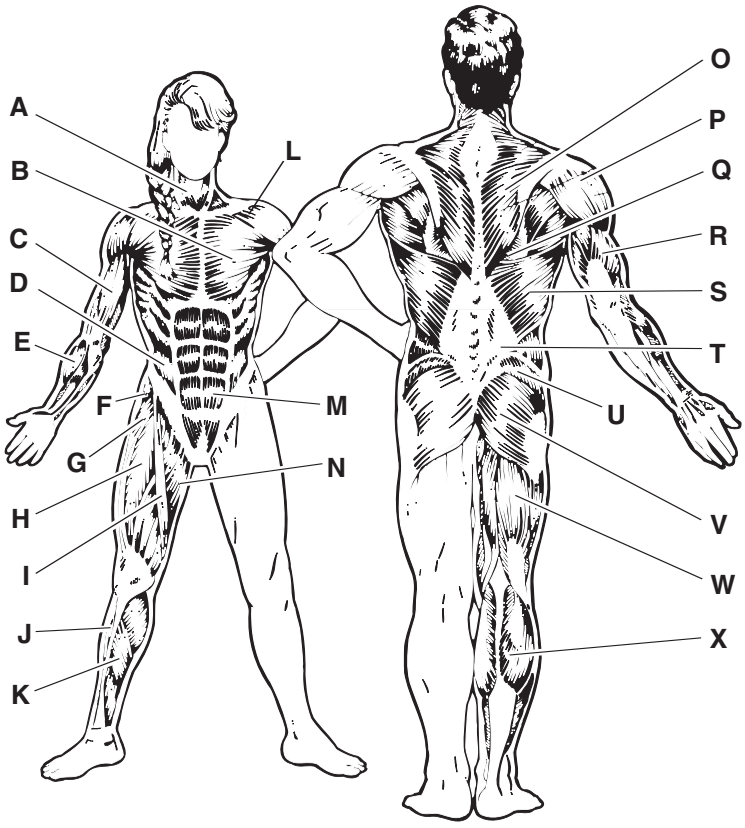
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

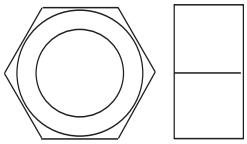


MUSCLE CHART

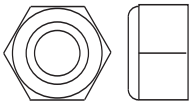
A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

PART IDENTIFICATION CHART

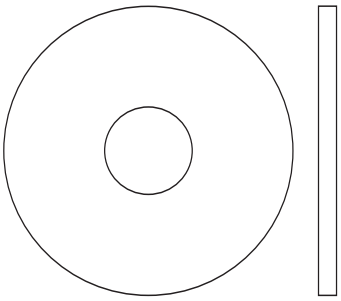
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



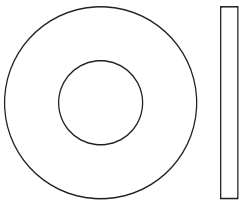
M12 Nut (86)



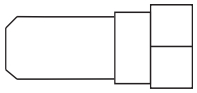
M8 Nylon Locknut (58)



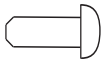
Large Washer (87)



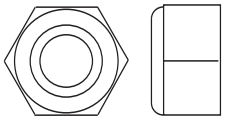
M10 Washer (57)



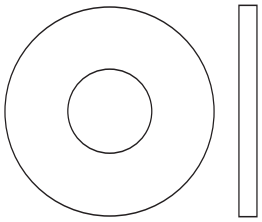
M8 x 19mm Shoulder Bolt (65)



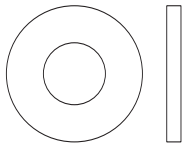
M4 x 10mm Screw (84)



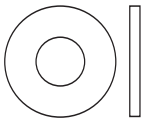
M10 Nylon Locknut (56)



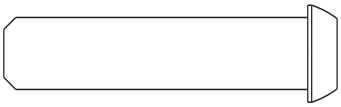
M10 Large Washer (80)



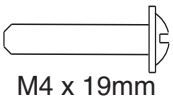
M8 Washer (59)



M6 Washer (82)



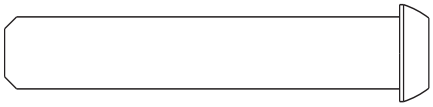
M10 x 40mm Button Bolt (77)



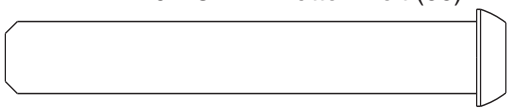
M4 x 19mm Screw (69)

M6 x 17mm Buton Screw (62)

M10 x 45mm Button Bolt (81)

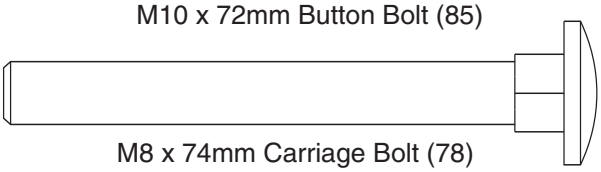


M10 x 52mm Button Bolt (66)



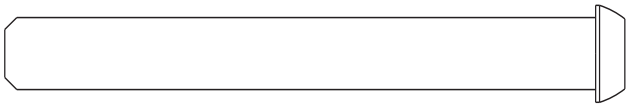
M10 x 62mm Button Bolt (75)

M10 x 72mm Button Bolt (85)

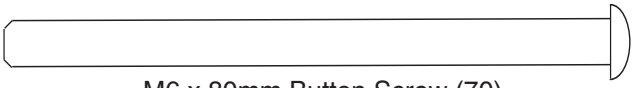


M8 x 74mm Carriage Bolt (78)

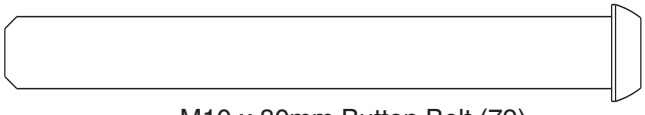
M8 x 77mm Button Bolt (68)



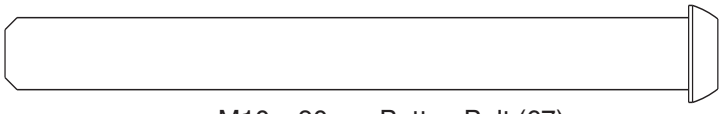
M10 x 78mm Button Bolt (71)



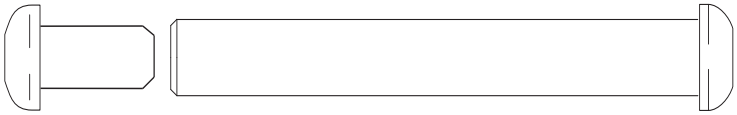
M6 x 80mm Button Screw (70)



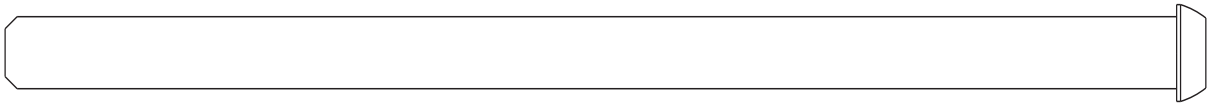
M10 x 80mm Button Bolt (79)



M10 x 90mm Button Bolt (67)



M10 x 70mm Bolt Set (73)



M10 x 155mm Button Bolt (74)

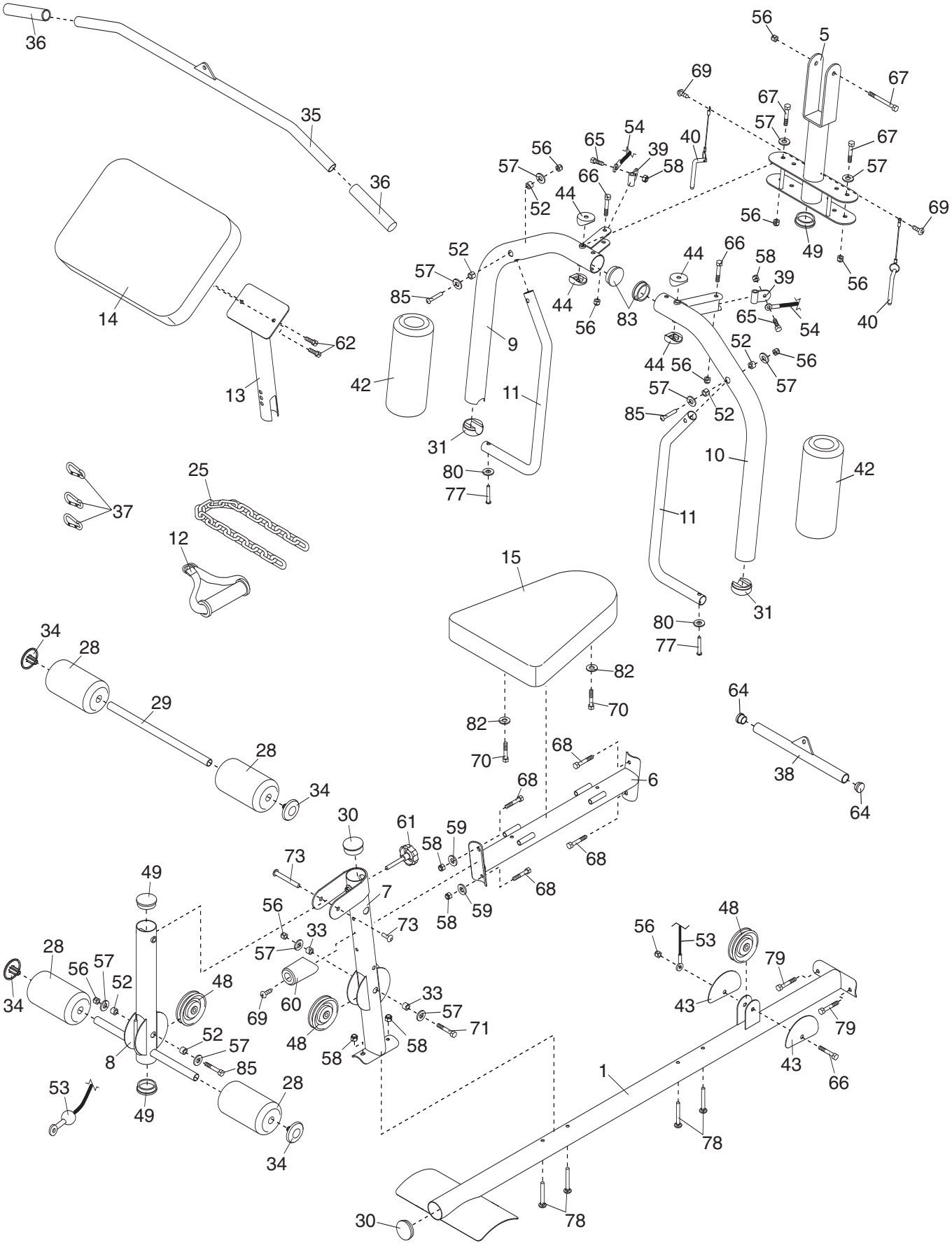
PART LIST—Model No. WEEVSY3426.0

R0706A

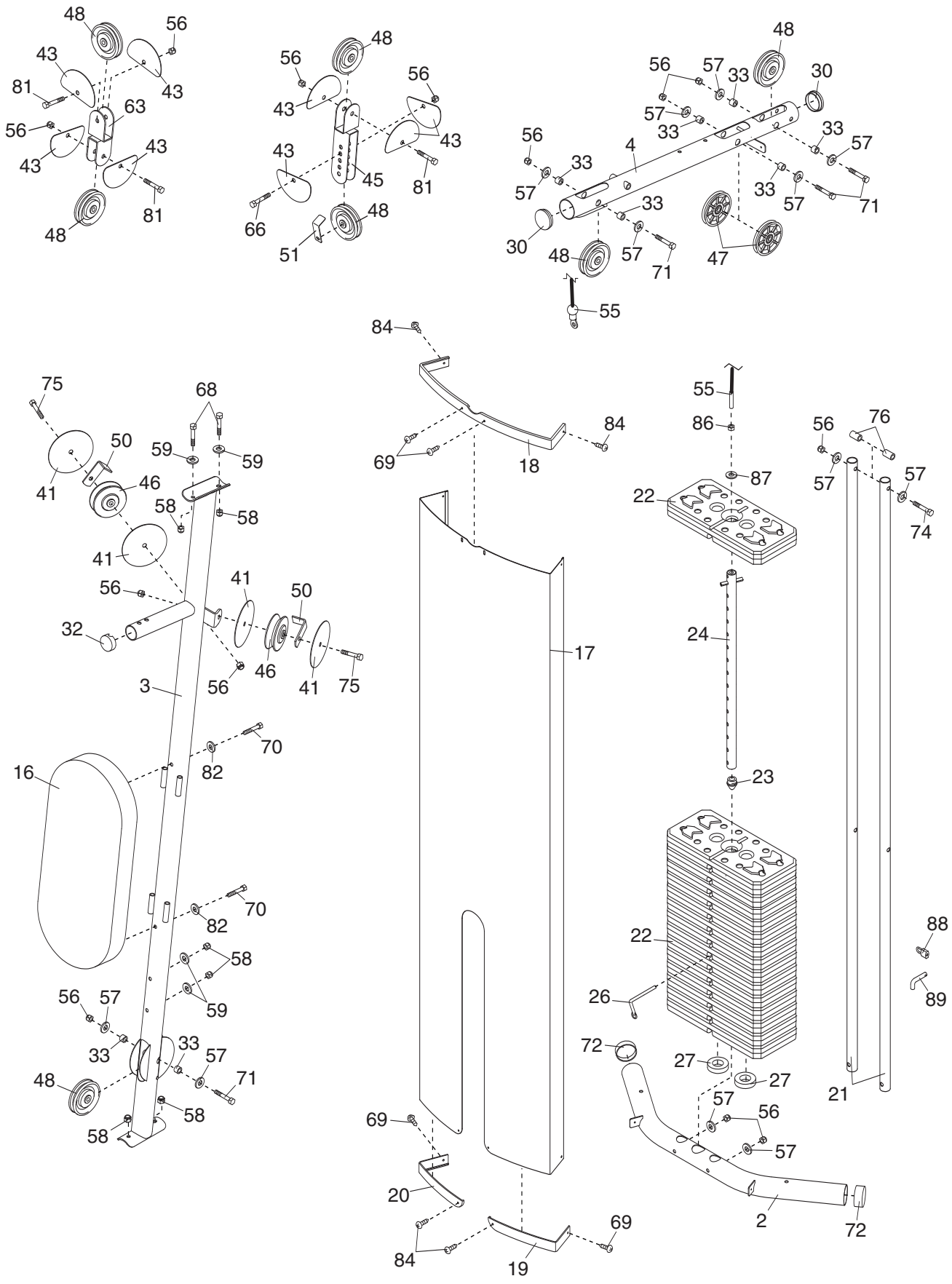
Key No.	Qty.	Description
1	1	Base
2	1	Stabilizer
3	1	Upright
4	1	Top Frame
5	1	Pivot Frame
6	1	Seat Frame
7	1	Front Leg
8	1	Leg Lever
9	1	Right Arm
10	1	Left Arm
11	2	Handle
12	1	Ankle Strap
13	1	Curl Post
14	1	Curl Pad
15	1	Seat
16	1	Backrest
17	1	Shroud
18	1	Top Cap
19	1	Left Cap
20	1	Right Cap
21	2	Weight Guide
22	15	Weight
23	1	Weight Tube Cap
24	1	Weight Tube
25	1	Chain
26	1	Weight Pin
27	2	Weight Bumper
28	4	Small Foam Pad
29	1	Pad Tube
30	4	64mm Round Inner Cap
31	2	Handle Cap
32	1	38mm Round Outer Cap
33	10	19mm Spacer
34	4	Foam Cap
35	1	Lat Bar
36	2	Handgrip
37	3	Cable Clip
38	1	Curl Bar
39	2	Cable Pivot
40	2	Arm Pin
41	4	Guard
42	2	Large Foam Pad
43	10	Half Guard
44	4	Arm Bushing
45	1	Adjustable “U”-bracket
46	2	“V”-pulley
47	2	90mm Thin Pulley
48	10	90mm Pulley
49	3	57mm Round Inner Cap
50	2	Large Cable Trap
51	1	Cable Trap
52	6	16mm Spacer
53	1	Low Cable
54	1	Arm Cable
55	1	High Cable
56	23	M10 Nylon Locknut
57	20	M10 Washer
58	12	M8 Nylon Locknut
59	6	M8 Washer
60	1	Leg Bumper
61	1	Curl Knob
62	2	M6 x 17mm Button Screw
63	1	Double “U”-bracket
64	2	Curl Bar Endcap
65	2	M8 x 19mm Shoulder Bolt
66	4	M10 x 52mm Button Bolt
67	3	M10 x 90mm Button Bolt
68	6	M8 x 77mm Button Bolt
69	7	M4 x 19mm Screw
70	4	M6 x 80mm Button Screw
71	5	M10 x 78mm Button Bolt
72	2	64mm Round Outer Cap
73	1	M10 x 70mm Bolt Set
74	1	M10 x 155mm Button Bolt
75	2	M10 x 62mm Button Bolt
76	2	13mm Spacer
77	2	M10 x 40mm Button Bolt
78	4	M8 x 74mm Carriage Bolt
79	2	M10 x 80mm Button Bolt
80	2	M10 Large Washer
81	3	M10 x 45mm Button Bolt
82	4	M6 Washer
83	2	57mm Thick Round Inner Cap
84	4	M4 x 10mm Screw
85	3	M10 x 72mm Button Bolt
86	1	M12 Nut
87	1	Large Washer
88	1	Lock
89	1	Lock Pin
#	1	User’s Manual
#	1	Exercise Guide
#	2	Grease Packet
#	1	Hex Key

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

EXPLODED DRAWING A—Model No. WEEVSY3426.0 R0706A



EXPLODED DRAWING B—Model No. WEEVSY3426.0 R0706A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (444) 113 387 7133
Fax: 0 (444) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEVSY3426.0)
- the NAME of the product (WEIDER PRO 4500 weight system)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

Part No. 241344 R0706A

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